

Blue Cornmeal Tamale Casserole - Serves 6-8

Ingredients*

Vegetable oil

3 cups water

1 cup **blue cornmeal**

1 cup **1% milk** OR 1 cup reconstituted **instant nonfat dry milk** OR water

¼ teaspoon salt

2 ½ teaspoons chili powder – divided

½ teaspoon garlic powder – divided

2 cups of grated **American cheese** – divided ½ cup and 1 ½ cups

1 medium **onion**, diced small

½ large OR 1 small **green pepper**, chopped small

1 15.5 oz. can **refried beans**, mild or spicy

1 15.5 oz. can **black beans** OR **kidney beans**, drained and rinsed

1 15.5 oz can **whole kernel corn**, drained OR 1 cup of frozen corn

1 15.5 oz. can **diced tomatoes**

1 12.5 oz can **chicken**, drained (save broth for another use), chopped into ½" pieces

1 teaspoon ground cumin (optional, but delicious)

½ teaspoon oregano (optional, but delicious)

Instructions

1. Always wash your hands before beginning to cook. Spread 1 teaspoon of vegetable oil generously on bottom and sides of a 9" x 13" dish.
2. In a large saucepan, bring the water to a boil.
3. In a small bowl, mix together the cornmeal, milk and salt. Slowly pour the cornmeal/milk mixture into the boiling water, stirring constantly.
4. Bring mixture to a boil again, then reduce heat and stir almost constantly to avoid scorching. Add ½ teaspoon of chili powder and ¼ teaspoon garlic powder. Cook for about 10 minutes.
5. Spread the hot cornmeal on the bottom of the greased 9"x13" dish. Sprinkle with ½ cup of grated cheese. Preheat oven to 350°F.
6. Sauté onions and green pepper in 1 Tablespoon vegetable oil until soft. Add all other ingredients, and remaining chili powder and garlic powder, plus cumin and oregano. Heat until hot through.
7. Spread the mixture over the cheese and cornmeal in the baking dish. Sprinkle remaining 1 ½ cups of cheese over the casserole. Bake for 30 minutes, or until casserole is bubbling and cheese is melted.
8. Serve hot. This would be delicious served with a crunchy salad or vegetable sticks.

Notes

- Cooked ground beef, or leftover chicken pieces can be used in place of the canned chicken

*Foods in bold are available from the **FDPIR program** in your community.

Source: LTBB of Odawa Indians Community Health Program.